

## IN THE CLAIMS

Please amend claims 1, 4, and 10. Thus, claims 1-15 are pending upon entry of this amendment.

1. (Currently Amended) A device for tracking breast feeding sessions by a nursing mother comprising:

a sticker, ~~optionally~~ having a place for recording the time and length of said breast feeding session;

wherein, said sticker is placed on either the right side or the left side of an article of clothing worn by said nursing mother, indicating which breast was used during the last breast feeding session.

2. (Previously Presented) The method of claim 1, wherein said sticker is attached to either the right side or the left side of said nursing mother's bra.

3. (Previously Presented) The method of claim 1, wherein said sticker is attached to either the right side or the left side of said nursing mother's nightgown.

4. (Currently Amended) A method of tracking breast feeding sessions by a nursing mother comprising the steps of:

a) providing a sticker having a place for recording the time and length of said breast feeding session;

b) attaching said sticker on either the right side or the left of an article of clothing worn by said nursing mother;

wherein, the position of said attached sticker on said either right side or left side indicates which breast was used during the last breast feeding session.

5. (Previously Presented) The method of claim 4, further comprising the step of recording the time and length of said breast feeding session onto said sticker.
6. (Previously Presented) The method of claim 4, wherein said sticker is attached to either the right side or the left side of said nursing mother's bra.
7. (Previously Presented) The Method of claim 6, further comprising the step of recording the time and length of said breast feeding session onto said sticker.
8. (Previously Presented) The method of claim 4, wherein said sticker is attached to either the right side or the left side of said nursing mother's nightgown.
9. (Previously Presented) The method of claim 8, further comprising the step of recording the time and length of said breast feeding session onto said sticker.
10. (Currently Amended) A method of alternate breast feeding by a nursing mother comprising the steps of:
  - a) attaching a sticker having a place for recording the time and length of said breast feeding session on either the right side or the left of an article of clothing worn by said nursing mother;wherein, the position of said attached sticker on said either right side or left side indicates which alternate breast was last used ~~should be used in the next breast feeding session~~.
11. (Previously Presented) The method of claim 10, further comprising the step of recording the time and length of said breast feeding session onto said sticker.

12. (Previously Presented) The method of claim 10, wherein said sticker is attached to either the right side or the left side of said nursing mother's bra.

13. (Previously Presented) The method of claim 12, further comprising the step of recording the time and length of said breast feeding session onto said sticker.

14. (Previously Presented) The method of claim 10, wherein said sticker is attached to either the right side or the left side of said nursing mother's nightgown.

15. (Previously Presented) The method of claim 14, further comprising the step of recording the time and length of said breast feeding session onto said sticker.